

March 2019

Group Exercise, Excel Tae Kwon Do, and Pickleball

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

**Group Exercise trial week for Session II—try any class
for free March 4–10. This session runs through April 28.
Class does not meet March 11–17.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.			Boot Camp— <i>NEW SESSION!</i>		Boot Camp— <i>NEW SESSION!</i>		
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Trekking Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
noon			ZUMBA Gold— <i>NEW DAY!</i>		ZUMBA Gold— <i>NEW DAY!</i>	Beginning Yoga	
5:30 p.m.		Power Yoga— <i>NEW!</i> Cardio Kickboxing	Yoga Stretch	Body Blast Yoga Core— <i>NEW DAY!</i>			
6:45 p.m.		ZUMBA	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

ADDITIONAL ACTIVITIES

EXCEL TAE KWON DO



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

Beginner • 150212-C
Tuesdays and Thursdays, 5:30–6:30 p.m.
Advanced • 150212-D
Tuesdays, 6:45–7:45 p.m.
and Thursdays, 5:30–6:30 p.m.

March 5–April 25
\$65 • Register by 3/10 • For all ages.

Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4

*TLRC membership or
purchase of a daily
admission pass
is required
to participate.*



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 6 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.



btownparks



Twin Lakes
Recreation Center

bloomington.in.gov/TLRC

March 2019

The lower level is open for scheduled programming and rentals only.
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

ADDITIONAL ACTIVITIES

Legal Counseling

March 4 • 3 p.m.
by Atty. Tom Bunker
Call 812-349-3720
to register.

FREE



Thursday,
March 14
11 a.m.–3 p.m.
\$3/person

Lively games and activities.

Well Check



Indiana University Health

Blood pressure, lipid panels, and hemoglobin (blood sugar-A1C) screenings. No appointment is needed, but you need to fast for 12 hours to get an accurate cholesterol level. Use your IU Health Bloomington Plus Card to receive \$5 off the screening fee of \$20, or sign up for a Plus Card on site. For more information about the Well Check, call 812-353-3244.
Thursday, March 21 • 8:30-10:30 a.m.
\$20 • For all ages.

Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.



activeandfit.com



silversneakers.com



silverandfit.com

FitnessCoach

www.fitnesscoach.com

NEW!



myrenewactive.com

NEW!



**TWIN LAKES
RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 6 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.



[btownparks](https://www.instagram.com/btownparks)



Twin Lakes
Recreation Center

bloomington.in.gov/TLRC